



Understanding the HOSA Dress Code

WHY HAVE A DRESS CODE?



- Professionalism
- HOSA is an organization for *future health professionals*, and □ professional □ appearance is important.
- Your appearance is the first thing people see.
- Professional dress gives a favorable impression of you and HOSA.

KNOW THE RULES



- It is your responsibility to know the dress requirements for HOSA functions.
- Take **PERSONAL RESPONSIBILITY** to know what you should wear, and then dress appropriately.



NATIONAL LEADERSHIP CONFERENCE



- FOR ALL GENERAL SESSIONS
- HOSA uniform, or
- Black or navy suit.



HOSA UNIFORM

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- ❑ Tailored navy blazer with emblem
- ❑ White dress shirt/blouse
- ❑ Men – navy or maroon long tie
- ❑ Men – matching navy slacks
- ❑ Females – matching navy slacks or skirt
- ❑ Closed-toe blue or black shoes



HOSA UNIFORM – OPTIONS



- ❑ Can purchase from Awards Unlimited
- ❑ OR, can sew the patch on to your navy suit
- ❑ Females – maroon HOSA scarf or tie is optional
- ❑ Stockings optional
- ❑ Skirts should NOT be short



DRESS CODE COMMON SENSE



- ❑ Shoes should be dress shoes, not canvas or casual
- ❑ Heels should be short enough to be comfortable to walk in for hours!
- ❑ The uniform should be clean and neat.
- ❑ You should take pride in your appearance.

BLACK OR NAVY SUIT

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- ❑ Jacket and pants/skirt should match
- ❑ Must wear a WHITE shirt
- ❑ Closed toe blue or black shoes
- ❑ Male members MUST wear a tie
- ❑ Males must wear socks
- ❑ Hose optional for females



IF YOU DON'T...

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- ❑ Follow the dress code, you will not be admitted to any General Session at the HOSA National Leadership Conference.



COMPETITIVE EVENTS



- The dress code is written in the event guidelines.

Purpose: To encourage Health Science students to analyze the problem solving process and to work as a team to apply their problem solving skills in creating a solution to a hypothetical healthcare or HOSA-related problem.

Description of Event: This event will involve two rounds of competition. Round One will consist of a written test to evaluate the team's understanding of problem solving processes and theories. The top scoring teams will advance to Round Two and will be given a potential problem related to HOSA, a healthcare issue or the healthcare community. Teams will have 30 minutes to analyze the problem. Selected resource materials related to the problem will be provided. At the end of the preparation time, teams will have ten (10) minutes to present their solution to a panel of judges.

Dress Code: Competitors shall wear the HOSA uniform or proper business attire. Bonus points will be awarded in both rounds for proper dress. All team members must be properly dressed to receive bonus points.

Rules and Procedures 1. Competitors in this event must be active members of HOSA in good standing in the category in which they are registered to compete (Secondary or Postsecondary/Collegiate).



COMPETITIVE EVENTS BUSINESS ATTIRE – MALES

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- ❑ Suit and tie
- ❑ Long sleeve dress shirt with tie
- ❑ Long sleeve dress shirt with vest
- ❑ Slacks and sport coat
- ❑ Dress shoes
- ❑ Or something similar



COMPETITIVE EVENTS BUSINESS ATTIRE – FEMALES

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- Suit
- Tailored dress
- Slacks and sweater/blouse
- Dress shoes (can have open toes or backs)



WHAT NOT TO WEAR

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- ❑ Tank tops
- ❑ Cut offs
- ❑ Halter tops
- ❑ Short skirts



WHAT NOT TO WEAR

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- ❑ Sundress
- ❑ Denim of any kind
- ❑ Shorts
- ❑ Flip flops



CLINICAL ATTIRE

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- For skill events, competitors may wear professional clinical attire appropriate to the profession for the skill and test.
- Be sure you read and understand the guidelines for your specific event.



PROFESSIONALISM AND PERSONAL RESPONSIBILITY



- HOSA does not have an appearance code that prohibits tatoos, piercing, colored hair, or bright colors.
- However, HOSA members should be sure that their appearance is as professional as their dress.

FOR MORE INFORMATION



- The official HOSA uniform policy is on page 54 of the HOSA, Inc. Policies and Procedures Manual.
- It can be found under Resources at the HOSA website at www.hosa.org
- <http://www.hosa.org/sites/default/files/Policies%20and%20Procedure%202012.pdf>

FOR MORE INFORMATION



- ❑ Dress code for Competitive Events
- ❑ Go to www.hosa.org
- ❑ Click on the Resources tab
- ❑ Then select Competitive Event Resources
- ❑ Section B
- ❑ And then the appendix

APPENDIX F

DRESS CODE FOR COMPETITIVE EVENTS

HOSA members should follow the event guidelines in determining appropriate competitive event attire. Competitors (teams) who are appropriately dressed will earn bonus points for proper dress.

For all competitive events, the (C) bonus points will be added once per competitor within team in the fully dressed for appropriate dress. In team events, all team members must be properly dressed to receive the bonus points. Exceptions are as noted in the event guidelines.

- All the N/C dress bonus points are awarded unless a dress code violation is agreed upon by the Event Manager and a member of the National HOSA (CE staff). The Event Manager must notify the Event Liaison or Category Chair. When dress points are not awarded, this must be explained on the HOSA Event Section Summary form, and signed by a member of the CE Program staff.
- Judges are NOT responsible for the dress code. Dress code points are awarded by competitive event personnel.
- School tags, state badges or IDs must be removed or completely covered during competition.
- When in doubt, personnel should award dress points. Competitors with blue hair, large earrings, excessive tattoos, and colorful clothing may still be dressed professionally.
- Bonus points are not awarded or deducted at event orientations unless the orientation includes competition. Competitors who are not properly dressed at orientation should be corrected to assure they understand the dress code for the event.

Proper Business Attire

- Female - Business suit, tailored dress or blazer and skirt or slacks with tailored blouse
- Male - Business suit or sport coat, vest, or sweater, and slacks with dress shirt and tie (optional)

No dress code can cover all contingencies so HOSA members must use a certain amount of judgment in their choice of clothing to wear. HOSA members who experience uncertainty about appropriate HOSA attire should ask their HOSA local or state advisor.

Here are a few more tips to help you understand Business Attire:

- No shorts: clothing or casual dress will be acceptable. Dress pants in colors other than blue are not permitted. Blue jeans shirts and sweaters are NOT acceptable.
- Dress pants are acceptable for "shorts", "baggy pants" and other short pants are not acceptable.
- Casual tank or tube tops, t-shirts, sweat pants/shorts, or tennis shoes are never acceptable.
- Business-casual attire may include khaki pants and polo shirts.
- Clothing that works well for the beach, part work, dance clubs, academic sessions, and sports centers is NOT appropriate.
- Clothing that reveals excessive cleavage, mid back, rear (back), your stomach or your underwear is not acceptable.